



# POWERNEWS

Defiance Mission Statement...

**"ONE TEAM - INNOVATING THE FUTURE"**

## On this day in history (July 25)....

1729 North Carolina becomes a royal colony  
1814 Battle of Niagara Falls (Lundy's Lane), bloodiest battle of the War of 1812 ends in a stalemate between invading American army and Canadian and British forces  
1814 English engineer George Stephenson introduces his first steam locomotive, a travelling engine designed for hauling coal on the Killingworth wagonway named Blücher  
1832 1st railroad accident in US, Granite Railway, Quincy, Massachusetts, kills 1  
1837 The first commercial use of an electric telegraph successfully demonstrated by William Cooke and Charles Wheatstone between Euston and Camden Town in London  
1850 Gold discovered in Oregon (Rogue River)  
1853 Joaquin Murrieta, the famous Californian bandit known as "Robin Hood of El Dorado", is killed by California Rangers  
1854 Walter Hunt is awarded the first U.S. patent for a paper shirt collar  
1860 1st US intercollegiate billiard match (Harvard vs Yale)  
1866 David Faragut appointed as 1st admiral in US Navy  
1866 Ulysses S. Grant named 1st General of Army  
1868 US Congress forms Wyoming Territory (Dakota, Utah & Idaho)  
1871 Carousel patented by Wilhelm Schneider, Davenport, Iowa  
1898 1st US troops land & occupy Puerto Rico, at Guanica Bay  
1908 Ajinomoto Co. is founded. Kikunae Ikeda of the Tokyo Imperial University discovers a key ingredient in Konbu soup stock is monosodium glutamate (MSG), patents a process for manufacturing it.  
1909 France's Louis Bleriot, makes 1st airplane flight across English Channel  
1916 Explosion at Lake Erie and Cleveland Waterworks  
1918 Annette Adams sworn in as 1st woman district attorney of US, California  
1940 American John Sigmund begins swimming for 89 hours, 46 minutes from St. Louis to Caruthersville, Missouri in the Mississippi River; 292 miles, longest solo swim of all time

1946 Dean Martin and Jerry Lewis stage their first show as a comedy team at 500 Club in Atlantic City, New Jersey  
1952 Puerto Rico becomes a self-governing US commonwealth (Constitution Day)  
1953 NYC transit fare rises from 10 cents to 15 cents, 1st use of subway tokens  
1961 In a speech, US President John F. Kennedy emphasizes that any attack on Berlin is an attack on NATO  
1964 Beatles' album "A Hard Day's Night" goes #1, stays #1 for 14 weeks  
1965 Bob Dylan is booed by sections of the crowd at the Newport Folk Festival for performing with an electric guitar, the beginning of folk-rock  
1966 The Supremes release single "You Can't Hurry Love"  
1969 Edward Kennedy pleads guilty to leaving scene of an accident a week after the Chappaquiddick car accident that killed Mary Jo Kopechne  
1978 Cincinnati Red Pete Rose sets NL record hitting in 38 consecutive games  
1980 Atlantic Records/ and Albert Productions release "Back in Black", the seventh studio album by AC/DC; their first featuring lead singer Brian Johnson is a worldwide smash, selling over 50 million copies,  
1983 Megaforce Records releases Metallica's debut album "Kill 'Em All"  
1984 Cosmonaut Svetlana Savitskaya becomes 1st woman to walk in space  
1993 Romantic comedy film "Sleepless in Seattle" starring Tom Hanks and Meg Ryan, co-written and directed by Nora Ephron, is released

## Saf-Gard Shoe Truck

**Onsite Wednesday, August 28**

**6 a.m. - 10:30 a.m.**

**11:30 a.m. - 4 p.m.**

*Shoe Truck will be closed  
for lunch for one hour.*

## Healthy Bites

### Tuscan Tuna Salad Wrap

Servings: 4  
Ingredients:

- 3 tablespoons red wine vinegar
- 1 (5-ounce) can tuna in water, drained
- 1 tablespoon extra-virgin olive oil
- ½ cup halved cherry or grape tomatoes
- ¼ cup finely chopped onion (optional)
- ½ cup diced bell pepper
- 1 clove garlic, minced (about ½ teaspoon)
- ½ cup diced celery
- 1 tablespoon dried parsley (or ¼ cup fresh)
- 4 tablespoons (¼ cup) olive oil mayonnaise, divided
- ¾ cup (about half 15-ounce can) no-salt-added great northern beans, drained and rinsed
- 4 (8-inch) whole-grain wraps or tortillas



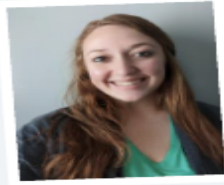
#### Directions:

- Whisk together the vinegar, oil, onion (if using), garlic, and parsley in a medium mixing bowl.
- Spread 1 tablespoon of the mayonnaise on each wrap or tortilla and top each with about ¾ cup of the tuna mixture.
- Add the beans, tuna, tomatoes, bell pepper, and celery. Toss to combine.
- Roll each wrap or tortilla tightly, sealing the ends, like a burrito.
- Set the mixture in the refrigerator to chill and to allow the flavors to blend, about for 10 minutes.
- Serve cold.

Source: Department of Veterans Affairs. Accessed 04/22/2024

## HEALTHY U

### Beat the Heat by Staying Hydrated



With Kristen Sommer  
LifeSteps Program Coordinator

#### Did you know?

About 60% of your body weight is made of water.

Your body uses water for mostly every bodily function. Digestion, temperature regulation, and breathing are just a few reasons why it is important to stay hydrated. With summer in full force, keep these tips in mind to stay hydrated:

- **Listen to your body.** If you are thirsty, drink water. Avoid soda or energy drinks that can dehydrate you.
- **Drink water throughout the day.** Consume water with meals, as well as in between meals.
- **Carry a refillable water bottle** throughout the day.
- For variety, **squeeze some fresh lemon or lime juice into your water**, toss in a couple of cucumber slices or add a few fresh basil leaves.

Source: Eat Right. Accessed 04/18/2024

July 2024

# DRIVING MY WELLNESS

Building a Healthy Life, One Step at a Time

## Sun Safety

Over 5 million people are diagnosed with some form of skin cancer each year in the U.S.; that's more than all other cancers combined. The risk of skin cancer increases as people age. The average age of diagnosis for skin cancer is 66, but it is not uncommon for those even younger.

You can't see it, but the sun produces two types of UV radiation that can harm your skin—UVA radiation causes skin to age, and UVB radiation causes skin to burn. Both can cause mutations in your skin's cells, which could lead to cancer.

Below are a few tips to help protect yourself from the sun.



### How to Protect Your Skin from the Sun

- **Find the shade.** Staying in the shade, under an umbrella, or other forms of shelter can reduce your risk of sun damage.
- **Wear protective clothing.** Wearing long-sleeved clothing, when appropriate, can protect from UV rays. In sunny months, wearing darker colors, or clothing with an Ultraviolet Protection Factor (UPF), may offer more protection from the sun..
- **Sunglasses.** Wearing sunglasses can protect your eyes from UV rays and reduce the risk of cataracts. They can also protect the skin around your eyes from sun damage.
- **Wear sunscreen.** Using a broad-spectrum SPF of 30 or higher can protect you from both UVA and UVB rays. Remember to re-apply sunscreen after swimming, sweating, or being out in the sun for more than two hours.
- **Grab a hat.** Avoid straw or hats with holes in them as they can let the sun through. Instead use one that has a brim all the way around it, helping to shade your face, ears, and neck from the sun.



# GM Defiance Veteran's Wall Refresh



We need your help as GM Defiance gives our Veteran's Wall a make over!

Please join us in submitting your Veteran Nominee and sharing photos of them in service

(It can be yourself, or a family member you are proud of)

Click the link below or scan the QR code to submit your Veteran



[Veteran's Recognition Form Link](#)

Due to IT security, the form must be filled out on a GMOnLine Computer or GMOnLine Phone  
Computers are available in the UAW Team Center

Please reach out to Tonya Huss, Mary Boyd, Steve Rieger or Dave Argumedo for any questions



general motors  
**WOMEN+**

## BGSU FALCONS FOOTBALL!



ENTER FOR YOUR CHANCE TO WIN  
4 TICKETS TO ANY HOME GAME!

**\$5 for 1 entry or \$10 for 3 entries**

Drawing will be on Friday August 23<sup>rd</sup>

Please contact Rachel Peters, Mary Boyd, Alex English, or Sue Scott to purchase

Proceeds will go to GET WISE 2025!

2024 HOME GAMES:

8/29 Fordham, 9/28 Old Dominion, 10/12 Northern Illinois, 10/19 Kent State, 11/12 Western Michigan, 11/29 Miami (OH)



**Thank you to all who donated!**



**Strong Second Quarter and First Half Performance in North America**

Today, GM released its second-quarter 2024 financial results, which show our team has achieved significant milestones in North America. Check out the video with Marissa West, senior vice president, for full details.

By the numbers:

- 10.9% EBIT margin and \$4.4 billion EBIT-adjusted, up \$1.2 billion YoY
- Grew total retail share by 1.4%, the best first half retail sales since 2021
- Best quarterly total sales in the U.S. since Q4 of 2020, maintaining top selling OEM position in the U.S.

What's next:

- Eight all-new or redesigned ICE models arriving in showrooms starting now through the end of the year, including Chevrolet Traverse, Tahoe, Suburban, GMC Acadia, Yukon, Cadillac Escalade, and the new Buick Enclave
- Launching key EV models: Silverado EV RST, Sierra EV, OPTIQ, Escalade IQ, and CELESTIQ
- Focus on delivering every product with a customer-focused mindset and maintaining cost discipline

For the full Socrates story, click here: <https://bit.ly/4fcgFeD>

For Global results, click here: <https://bit.ly/3We4mWl>

**Q2 Highlights**

Focused on fundamentals to deliver on our priorities

Best quarterly U.S. sales since Q4'20, with strong pricing and incentives below the industry average

Eight consecutive quarters of YoY U.S. retail sales growth, supporting total company revenue CAGR of ~16% over the last 24 months

Total U.S. EV deliveries ~22K, up 40% YoY, outpacing industry growth of 11%; production continues to ramp, guided by demand

EBIT-Adj. \$4.4B  
Adj. Auto Free Cash Flow \$5.3B  
EPS-Dil. Adj. \$3.06

Ended the quarter with ~1.14B fully diluted share count, down 18% YoY from ASR and open market repurchase programs

Announced a new \$6B share repurchase authorization, on track to achieve our less than 1B shares target



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